

THE WEAD LIBRARY

# QIGONG & GENTLE YOGA

WITH WINNIE



Please bring a  
water bottle.



## UPCOMING SESSIONS

**Every Tuesday**

**April 30**

**May 7**

**May 14**

**May 21\***

\*Last Session for the season

**10 AM**

**Weekly Registration  
Required.**

**Class size limited.**

**To register weekly,  
call the**

**Wead Library at**

**(518) 483-5251**

**or visit the  
circulation desk.**